California GARDEN

50 cents
MARCH-APRIL
1971

Floral events . . .

to enjoy Floral Association General Meetings on third Tuesdays.

April 19 (8:00 PM) "Migratory Birds of San Diego" Allen Craig
May 18 (11 AM) Second Annual "SWAP POT"
(1 PM) "Cool Arrangements for Summer" Mrs. J. Kirkpatrick.

to go

April 10-11 (Sat. 2-9, Sun. 10-6) "Everything's Coming Up Roses" S. D. Rose Society 44th Annual Spring Show. Open to the public. Admission $.50.
April 15-25 "April Flowers" 56th National Orange Show. San Bernadino.
April 17-18 (Sat. 2-6, Sun. 10-4) "Springtime Interlude" Coronado Floral Association 45th Annual Show and Garden Tour. Spreckles Park. Open to the public. Admission $.50.
April 24-25 (Sat. 10-10, Sun. 10-6) Sixth Annual Bonsai Show, S. D. Bonsai Club. Conference Building, Balboa Park. Open to the public. Admission $1.00.
April 24-25 (Sat. 2-5, Sun. 9-5) "Our 25th Year in Show Biz" Escondido Garden Club. Masonic Hall, 13315 S. Escondido Blvd. Open to the public. Free.
April 25 Convair Rose Show. Floral Building, Balboa Park. Open to the public. Free.
May 1 (8-4) "Iris Trek" (6 gardens). Leave Holiday Inn. Mrs. R. F. Plott, 6342 Castlejon Dr., La Jolla, 92037. $6.00.

to tour *For reservations and information call Floral Office (232-5762)*

April 16-17 (8:30 Balboa Park, 9:00 La Jolla) DESERT TOURS. Our most popular tours. Include Julian, desert bakery, Indian Mission Chapel, Anzo-Borego area, etc. Saturday - $6.00; Sunday extended tour to include Palm Springs (time to shop or take tram ride) $8.00.
May 8 ($6.00) JULIAN WILDFLOWER TOUR

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Fourth Mondays: Mrs. Kirkpatrick. Traditional and Modern Arrangements.

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ALPHA PHI OMEGA fraternity members from San Diego State and their dates spent the day of March 6, 1971 cleaning up Florida Canyon in Balboa Park. These college students hope that this clean-up will help others to see the beauty of a native plant garden. This was their way of showing that they are in favor of the development of a native plant botanic garden in the area. The clean-up was coordinated through Helen Witham and the Natural History Museum by Roy K. Jones, III and the clean-up crew was led by Fred Landsberg. College students do care! They have a truck load of trash to prove it.

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THE COVER

THE FRONT COVER is an etching by Margaret Eddy Fleming of Torrey Pines on the hill above the Guy Fleming Trail. We have been allowed to use it on our cover through the courtesy of the Torrey Pines Association.

THE BACK COVER is a photo of desert wildflowers taken in the Zuha Basin Area by Betty Mackintosh. Desert Verbena is in the foreground and Ephemerals in back.

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Fuerte avocado close-up.

THE AVOCADO

Richard C. Yarnell

Photos by Robert Altaffer

is it suitable for the home garden?

AFTER TWENTY-FIVE YEARS OF COMMERCIAL AVOCADO RANCHING, my family moved to a city lot in La Jolla. We did not leave behind our fondness for this versatile, nutritious fruit, so the first gardening project was to locate a sizable, sunny, well drained corner in which to plant a tree. Having always felt that bearing fruit trees are as decorative as ornamentals, a large myoporum was mentally reduced to firewood and a thriving Hass avocado was visualized in its place.

Ornamentally speaking, the avocado is a beautiful, large, broad-leafed, evergreen tree which is well adapted to the home garden if you have the space. It requires a space of from 15 to 40 feet in diameter, depending on the variety. It has a handsome dark green foliage, though at night the underside of the leaves reflect a bright silver from automobile headlights if planted near the driveway.

Gastronomically speaking, the delicious, nutritious flesh of the avocado can be used any way imagination invents. Salads are the usual fare. Mashed, they make a fine sandwich spread; or mixed with onion, garlic, and spices they make a unique Guacamole dip for chips. Diced, they can substitute for croutons in soup, or for the olive in a martini. Sliced or halved, they are excellent under salty creamed chipped beef or mild chicken a la king. They abound in vitamins, minerals, and polyunsaturated oils, so use them ---often.

Mr. Yarnell is a retired avocado rancher from Fallbrook where he cultivated 100 acres of avocado trees. He now lives in La Jolla with a sole avocado tree in his garden.

Where can the trees be obtained?

Grow your own if you like- and know how to bud a seedling, have a source of budwood, and are willing to wait a year or more in order to be able to say, "I propagated this tree myself". Merely place a seed in the ground with the smaller end barely exposed. Or, if preferred, to watch the whole process, suspend the seed in the mouth of a quart jar by inserting three or four toothpicks in the upper half of the seed, and fill the jar with water so that one-fourth to one-half inch of the large end is wet at all times. When roots fill the jar and the tree is a foot or so tall, set it out in the permanent site. Either way will produce a seedling tree which should be budded to insure a good quality fruit for the kitchen.

A horticultural variety can be bought from your local nurseryman, or, better yet, take a delightful drive into some of the prettiest rural areas of California from San Diego to Santa Barbara counties in order to buy a tree or two from a commercial nursery. They plant certified seed from trees known for their vigor and hardiness and treat them so they are free of fungus. They grow them either directly in the ground and "ball" them out in a burlap sack, or plant them in plastic or tar paper containers to grow until they are large enough to tip-graft or bud. When the bud "takes", all the seedling stem above the bud union is cut off and the whole upper part of the tree is grown from the single bud of the desired variety. The nurseryman can give valuable advice about the variety best suited to "microclimatic" zone and the approximate size of that variety when the tree is grown.

What variety does one plant?

Seedlings will bear, but usually they will produce an inferior fruit. Still the search goes on for 'the' superior variety (one chance in several thousand), so there are literally hundreds of named and propagated varieties. When planting one tree or an entire orchard it is best to choose from the successful commercial varieties, one or two which will best produce in your locale.

The backbone of the avocado industry is the Fuerte. It bears a green, pear-shaped, excellent quality fruit which matures from December through May. It is an inconsistent bearer, needing warm night temperatures during the blooming period to set a satisfactory crop. The flower opens twice, once to release pollen, and once to be fertilized. Since a single flower rarely fertilizes itself, other flowers must be "out of phase" and insect activity adequate for cross pollenization.

The Hass, developed under a plant patent (long since expired) in the Whittier area, is becoming one of the most popular trees. It bears a knobby skinned, oval shaped, excellent quality fruit which is green while growing, but turns black when mature or picked. It is edible from January through September, so a single tree can give a long season of production. It bears heavily if it blooms, but it will sometimes skip a year following a particularly big crop. Unfortunately, it is quite sensitive to frost and will suffer damage to leaves and stems if temperatures below 30°F persist very long.

The Bacon and Zutano survive cold (24-25°F) better than most, although the fruit is not as good quality as other varieties. All trees are subject to wind damage in exposed locations. The wood is soft and brittle in the trunk, while the heavy fruits sometimes snap off when their pendulum-like swinging is abruptly halted by a violent gust. All told there are about a dozen named varieties packed commercially. Sample them from the market, and ask your nurseryman if your choice will bear satisfactorily in your location.

If there is room, proper selection of two varieties will provide fruit virtually year around. Avocados mature (achieve sufficient oil content for good quality and flavor) and can be stored on the tree to best advantage. After picking, it takes five to ten days to soften to eating consistency. Thus, with a supply in the garden, one can pick a few once or twice a week and always have a fruit ready to eat.

Not only is this tree productive, but it serves to soften the lines of this two-story house, Mr. Dick Harvey's of La Jolla, and it provides shade.

How does one culture a tree?

Dig a hole only slightly larger around and no deeper than the ball of earth attached to the roots. If wrapped in burlap, put sack and all into the hole so that the top of the ball is at ground level; cut the twine which is tied around the trunk of the tree, and fold the top two or three inches down into the hole so it will be buried. If it is in a tar paper or plastic container, place the whole thing into the hole, then carefully slit the wrapping and remove. In either case, fill the hole half-full with soil; tamp gently but firmly to eliminate air spaces, then fill to the surface and tamp again, being careful not to break the ball. Make a small basin around the tree and water

immediately. A cupful of blood meal sprinkled in the basin at this time is helpful. Since the avocado is a shallow rooted plant, with most roots in the top two or three feet of soil, it is important not to disturb the root zone with cultivation. It will do well on a lawn or cleanly hoed area, but it grows best with its own leaf mulch undisturbed. This mulch, together with the deep shade of the heavy foliage, discourages most weeds after the tree attains some size. Until then, hoe--do not spade. Provision for irrigation should be made early. The basin will serve for up to a year if repaired and enlarged as needed. It should be filled twice a week for the first month and once a week thereafter until vigorous growth starts. Good drainage and frequent light irrigations are the keys to success. Over watering will cause "wet feet" (*Phytophthora cinnamoni* fungus) or root rot to flourish with fatal results. There is no cure, and it is useless to plant a new avocado where a tree has been killed by this fungus.

Use a single sprinkler placed four or five feet from the trunk on the uphill or upwind side. As the tree grows, change sprinkler heads to accomodate the enlarging diameter. A half circle spray is good at the start, but change to a head that will cover an area two or three feet beyond the drip line of the outer leaves. An interval of seven to ten days between irrigations is normal, but vary it in accord with weather conditions and need, rather than strict adherence to the calendar. Especially beware of hot, dry Santa Ana winds. Check the depth of penetration occasionally with a soil tube or shovel. With a little experience one will be able to 'guesstimate' simply by measuring the amount of water caught in a vertical sided container such as a coffee can placed in the sprinkler pattern. As a rule of thumb, one inch of precipitation will wet the soil one foot deep. While consistent overwatering encourages root rot, wastes water, and washes fertilizer below the root zone, an occasional deep irrigation serves to leach out excessive salts and prevent tip burn. The avocado tree disposes of undesirable quantities of salts by depositing them in the tips of mature leaves, causing an unsightly premature drying of the leaf tips before the leaves are due to be shed. Colorado River and some local waters contain 200-400 ppm of salts and will cause tip burn if poor irrigation practices are used.

After 35 years an avocado tree can form an elegant canopy. It is possible to trim them in various shapes. It may be pruned at any time of the year.

Keep the tree green with adequate nitrogen, the chief nutrient needed by avocados. Mature trees (four years and up) require about one pound of actual nitrogen per year (two pounds for Hass). For example, with a 16% nitrogen fertilizer, use six pounds of material. Apply the fertilizer evenly to the whole area within the drip line in at least two (February and June) equal applications. For the young tree, apply more frequently in proportionately smaller amounts. Organic and chemical sources of nitrogen both give good results. Keep the soil pH neutral by varying the type of fertilizer. Watch for yellow motteling in the leaves. It may be a sign of zinc deficiency, characteristic of some soils. This is easily corrected by an application of a few pounds of zinc sulfate every four or five years.

Prune only to shape your tree to your own particular fancy or to keep low branches off the ground. There is no need to thin the fruit. Nature does it for you. Insect pests appear only sporadically in damaging numbers, and it is usually best to let their natural enemies control them lest one upsets the balance Nature has provided.

Frost and hot dessicating winds limit the range of planting to a relatively narrow belt between the coast and the foothills. In general avocado trees grow well (soil drainage permitting) wherever citrus is found except in the desert where it is too hot and windy. Producing a crop is something else again, as some varieties are sensitive to low temperatures at blossoming time; thus, the necessity for picking the best variety for your location.

Where did the avocado originate? *Persea americana* (a member of the laurel family) is a native of Central America and Mexico. It was spread into South America as

far south as Peru and into the West Indies before the European discovery of the New World. The Spanish conquistadores 'discovered', used, and wrote about the avocado in the early 1500's. Although the tree was brought into California as early as 1848, it was not until 1911 that the Fuerte was introduced from budwood obtained from a parent tree in Atlixco, Mexico. Since then several hundred varieties have been named and tried in the continuing search for an ideal fruit. Of the three strains, Mexican, West Indian, and Guatamalan, the former seems to do the best in the semi-arid climate of Southern California. The more tropical fruits tend to be less oily and sweeter than those to which we are accustomed. In the early days all the fruit was consumed locally. As acreage and tonnage grew, the individual growers could no longer handle the marketing chores. Some banded together to form packing and marketing cooperatives, while others chose to sell for cash to independent buyers who would pack and distribute to local or distant markets. Some citrus associations pack avocados as a companion item. To ease destructive competition and to create new outlets for the expanding production of avocados in California the growers voted to try to achieve an orderly flow of fruit to market to maximize returns. Annual production has reached about 100,000,000 pounds, about half of which is grown in San Diego County. By rapid distribution in refrigerated trucks and rail cars avocados reach markets in most parts of the country as a specialty item. With a tree in your own garden you can include this delicacy as a regular part of your menus. Why not?

How to win a Blue Ribbon*

Martha H. Rosenberg

THEY SAY when you want to win a blue ribbon, it always pays to know the judge. I'll qualify that by asking, "What makes a judge tick?". As a judge, I am interested in knowing all of you, in telling you about how a judge does evaluate a show, and most of all, in promoting shows to you in which you will participate.

I won't promise, however, that you will win a blue ribbon. In fact, if one has never entered a show before, it is probably the worst thing in the world that can happen to a beginner. Now they are an "instant success", and bitter disappointments must surely lie ahead.

The history of the Judges' Council goes back to the turn of the century when garden clubs wanted judges for evaluating arrangements and horticulture exhibitions in garden shows and county fairs. There were no trained judges as such, and it became quite evident that some sort of standard judging procedure was needed. In 1935, the New York State Garden Clubs got together a little pamphlet called *Judging in Flower Shows*. This pamphlet was available to any Garden Club on request. One step led to another, and in 1945 the first *Handbook for Flower Shows* was published. It was revised and updated in 1965, and a new edition is now available. Although the basic rules remained the same, the new editions have changed with the changing times.

Now, how does one become a Judge? One must go to a "Flower Show School". This school is conducted under the auspices of the National Council of Garden Clubs, using their accredited instructors, and following their course of study. There are five courses over a minimum period of two and one-half years. Each course consists of lectures covering three subjects, Artistic Design, Horticulture, and Flower Show practice. At the end of each course there is a written examination. There is a practice Flower Show set up each time with arrangements and horticulture specimens. These are judged (according to a written 'score of points') by the instructor and two accredited Judges. (This is called a "Master Panel".) The students must then judge the same exhibits and submit a written resume of their point scoring. The student's score must come within five points, either way of the "Master Panel's" score. Within six months after completing course five, a Reading Examination is given on a list of required reading books covering a wide range of subjects: Art, color, design, flower arranging, horticulture, landscape design. (Seventeen (17) books in all.)

If a student has passed all of these examinations, has won five

Martha Rosenberg is Chairman of the Southwestern Judges' Council of National Garden Clubs, Inc.

*Speech given to the San Diego Chapter of Ikebana International, Floral Bldg., Balboa Park, September 23, 1970.

blue ribbons in the Artistic and Horticulture classes, and has been on a Judge's Panel in five "Standard Flower Shows", she now gets her certificate making her an "Accredited Flower Show Judge". This certificate allows her to judge in any National Council Garden Club Flower Show in the United States and several foreign countries who are affiliated with "National Council".

But we don't stop there. After two years and before the end of three years a Judge must renew her Certificate. This means repeating a course in a Flower Show school or attending a three day Symposium, passing the judging examination and in the meantime, having exhibited in five Flower Shows and judging in six Flower Shows. Judges are encouraged to keep up with the new books on horticulture and flower arranging, attend symposiums, visit art galleries frequently, and give lectures, demonstrations, and workshops to Garden Clubs. It would be difficult, if not impossible, for each Judge to keep up to date on all of these changes. So through the meetings of the "Judges Council" information is passed from one to another. Judging is a continuing process of learning.

I would like to bring the "Ikebana" group and our group of Judges closer to an understanding of each other. Really, my main purpose in giving these informal talks to different groups, is to encourage people to enter flower shows. We have such a wealth of plant material to work with in San Diego. Everyone here should want to participate and help to make the shows better. The difference between "Ikebana" and "Western" type flower arranging is not as great as you might think. The approach to arranging may differ, but we both are after the same thing: A good arrangement. We both study and practice to accomplish our goal. In Japan, symbolism in a flower arrangement is sometimes very important; often selected materials placed a certain way carry a definite message; rules of placement in some instances are very rigid. There are innumerable schools of flower arranging all over Japan so that it seems to us that most women in Japan have attended at least one of these schools and has studied the art of flower arranging. In this country, there are no such schools as such, and arrangement teachers are rather scarce. So, I would say, we improve our arranging mostly through competition in flower shows - with a few lessons whereever we can find them, plus all the books on the subject that we can read. This puts the burden squarely on the Judge and they had jolly well better keep up to date. We follow a "Score of Points", and I will give you a very simplified version of one we might use:

DESIGN - 50 points
CONFORMANCE TO SCHEDULE - 15 points
ORIGINALITY - 15 points
DISTINCTION - 10 points
CONDITION - 10 points

You can see we rely heavily on design. This includes all the elements and principles of design that you study in any art form - color, line, space, texture, contrast, etc. You must follow the theme for the class written in the schedule. Try to make your arrangement speak of you - be original. Handle your material well, have a neat, firmly constructed arrangement, and be sure your plant material is in good condition,

We are a "Judges group" from the "National Council of Garden Clubs", so we emphasize the use of fresh plant material in our arrangements. We do use dried and preserved materials, never artificial plant material and a minimum of painted or tinted material. We are not discourteous enough to think we can judge an arrangement from any oriental school. We sometimes include in our schedule a class "With an Oriental Feeling". It is judged by the same standards as the other classes of arrangements. So when those of you who have studied exclusively in Japan, enter one of our shows, please remember that even though your arrangement may be a perfect example of your particular school, this means nothing to us. We are judging it by a "Score of Points" already established. I can see why Japanese flower shows are rarely judged, and never as we do - it would be impossible for any judge to know all the rules of all the schools and judge them against each other. In our shows a winning arrangement is the one with the highest "Point Score" - it doesn't matter whether it is Oriental or Western. But don't forget that there are bad arrangements of both kinds, too. When you don't understand why a certain arrangement has been judged as it has, try to find a Judge and ask her to explain it to you on the spot. But don't expect her to remember the arrangement and explain it, when it isn't in front of her.

Now, may I answer your questions?

QUESTION: How many kinds of material may one use in an arrangement?

ANSWER: Here again we differ from Oriental Schools. We leave it up to the design to dictate. It is usual to try to keep it to a minimum of varieties, since too much variation clutters.

QUESTION: How much does originality count on the scale of values?
ANSWER: Originality is often the deciding factor in a blue ribbon but not at the expense of design.
QUESTION: What about arrangement size?
ANSWER: A large arrangement, of course, attracts your eye first, not because we prefer large arrangements, but because they are better and more appropriate in a flower show. Proportion and scale are very important in a show. You have a space to fill, and it must be filled to the Show's best advantage. You wouldn't use a tea cup of violets as a centerpiece on a large dining table.
QUESTION: Is is possible for a knowledgeable but non-accredited person to judge a flower show with a National Council Judge?
ANSWER: It's possible but not advisable. Standard awards could not be given. The substitute judge hasn't the training or experience to back her up. There are exceptions - a plant specialist may be used with accredited Judges in horticulture. At the beginning of this talk I explained that this was one reason they felt a Judge's training program was needed.
QUESTION: What are the requirements for a standard show?
ANSWER: The following are requirements:

1. The garden club must be a member of the "National Federation of Garden Clubs".

2. They must use Nationally Accredited Judges, Student Judges, or Plant Specialists.

3. They must have a written schedule and have two divisions to the show: Artistic and horticultural. The horticulture section preferably should be larger, but the requirement is that they be equal in size.

QUESTION: What are the categories of ribbons, and is a blue ribbon given in each category?
ANSWER: A blue ribbon need not be given in a category if the Judges deem it so. Categories include: BLUE (first); RED (second); YELLOW (third); WHITE (honorable mention).
QUESTION: What grade would be necessary to win a blue ribbon?
ANSWER: A blue ribbon must grade 90 or above out of a scale of 100.
QUESTION: How do blue ribbons compare from show to show - is there a difference?
ANSWER: Yes, there is definitely a difference, and it all depends on the show. I believe that a small garden club putting on its first flower show will often not compare with garden clubs who have had much experience in this area. And so we believe that the "first timer" should not be penalized. We encourage, rather than discourage. In going to a show, we, as Judges, take a quick look around, decide about the calibre of the flower show, and work from there. And, of course, the blue ribbons are then based on this quick look 'round.
QUESTION: How many Judges judge a show?
ANSWER: There usually is a panel for artistic (3 Judges on a panel), and a panel for horticulture. Additional panels may be needed, depending on the number of entries and classes. Three Judges on a panel allows enough for discussion but not too many to make a decision difficult.

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LET'S GO

WE EAT ALL PARTS OF PLANTS: Seeds, roots, stems, blossoms, but least of all the leaves. Green leaves are basic in salads, which we accept, but cooking the leaves is at the bottom of the list. Spinach is popular in souffles, but otherwise the leaves seldom make the social circuit. Children and men relegate them to "rabbit food" and dig into the mashed potatoes. The craving for vitamins and minerals that drives us to pills is readily available in greens. Cats and dogs daily snip off a few blades of grass if they get the chance. The fodder feeding animals live on greens and are able to digest the cellulose which is only roughage and bulk for human beings. So why do we not eat more of the vegetables that have crisp green leaves?

We do eat the lettuces, but usually only two kinds: The head lettuces which have almost no food value but add texture to our salads, and the Cos or romaine which are all green, sweet, and crisp. The other tender, soft leaf lettuces which have the most minerals and vitamins and are both easy to grow and decorative in the garden we neglect. These include the Bibbs, the butters, oak Leaf, Bolts, and many others. Look in the seed racks locally. Many are available. Generally lettuces are cold weather plants, but there are some of the Bibbs and the Slobolts which stand hot weather and do well in semi-shade all through the summer.

Rosalie Garcia is an adventurous vegetable gardener who hunts, experiments and grows the unusual vegetables that can't be purchased in the market.

The advantages of going out just before dinner and snipping off enough leaves for the salad makes such a difference in the taste that once experienced, one will always want the fresh to mix with the crisp "store bought".

Before the days of refrigeration and supermarkets this craving for vitamins and minerals drove people into the fields in early spring on "greening" expeditions to gather all kinds of edible little leaves, sour and bitter, sweet and bland, even tough and rough. These were eaten with a little vinegar and bacon grease heated and smothered over the greens. Others were cooked with meat and relished for flavor and succulence. Our vast fields of wild mustard are now ready in the County. In my apartment house days I could hardly wait to get out for a good "mess" of tender mustard. Once it nearly cost me my life. I was blissfully kneeling and picking the little mustard when shots began to come at me from over the hill and kept coming as I ran for the car. Only then did I realize I had chosen my mustard patch behind a rifle range, and the Club was in full practice!

There are still places one can go "greening" in San Diego County and find tender burdock and lambs' quarter. Young leaves of the prickly pear cactus, are a staple for our Mexican neighbors and are worth cultivation. After the tender leaves are cut and the thorns singed off, it is cut into little cubes, and cooked like tender peas. Now, there is a dish worthy of any table! Some from other climes probably remember the fiddle-headed ferns which grew beside streams and thrust up their little twisted curls early in the spring. In the fence corners of the South there are the sorrel looking sprouts of the "poke sallet" so beloved in that area. Canned poke is available in our markets now, but canning does not preserve the flavor of any leafy vegetable. The process overcooks them, and both texture and flavor are lost.

The dandelion has long been with us on vacant lots, lawns, and fields all over the temperate climes and is still with us. The flat kind that infests lawns is the best and should be dug out lovingly and cooked a few minutes and relished for what it is. The kind that makes a tall plant must be defoliated and only the tender parts kept, but it is good, too. The cultivated types that resemble endive have that sour-bitter tang that can haunt a salad or be cooked and enhanced with rice vinegar and butter to tantalize any taste.

The secret to enjoying cooked greens is to steam them in a tightly covered container. I use a stainless steel, copper-bottomed skillet which has a tight fitting cover. Usually after carefully washing the leaves, which can accumulate sand and bugs because they grow near the ground, I do not drain them but put them in the pan with a few teaspoonsful of water and set them on medium heat for ten or fifteen minutes. Kale and turnip greens and some others take longer. Test after fifteen minutes. Seasonings can include bacon fat, butter, cream, lemon juice, vinegars, and all kinds of fancy sauces made of eggs and cheese. But a simple low

A-GREENING

Rosalie Garcia

calorie, and very effective one is two cubes of chicken bouillon or two teaspoonsful of the bouillon added after cooking is completed and set off tightly covered to infuse for about five or ten minutes.

If few of these leafy cooked vegetables have been in the diet, it may take an intellectual effort and some mental arm twisting to include them, but consider their value. A generous serving of a green leaf salad or cooked greens will satisfy the need for nearly all of the minerals and vitamins one needs, including that Vitamin C so much in the news. Unless seasoned with fats the low calorie food value is most welcome to the weight watcher.: One cup of spinach has only 45 calories; one cup of collards only 20 calories; one cup of mustard greens 30 calories; one cup of turnip greens 45 calories; and one cube of bouillon only 10 calories! Think what a big plate of greens can do to satisfy hunger, and how much is left for a piece of meat! I know a dieter who has a big bowl of cabbage for breakfast every morning and says she feels satisfied all morning.

Although spinach was a "must" in a previous generation of children, this is not a vegetable for everyone because of its high oxalic acid content. It is one of the oldest of the cultivated greens and was elevated to its social position as a gourmet food by the French who do just about everything with it, from soup to souffle. Other peoples have had other varieties, and in recent years there have been many hybrids, as one will note in the seed racks. The bunch grown commercially, and always in the markets, keeps well and is amenable to freezing and canning. It cooks in a few minutes and leads the repetoire of the edible leaves. This is a cool weather plant with slow germinating seeds which snails and other bugs "dote on". It should be planted in late fall and throughout the winter. Not so well known are the vine types, such as the New Zealand and Malabar. The New Zealand is an annual, but once grown it becomes a perpetual, seeding itself and popping up all over the place year after year. The rosettes at the end of the many vines are the tender, edible parts. They cook in a few minutes and are best with some other greens like mustard or collards. The Malabar grows best on a fence or trellis and in semi-shade so it will be tender all summer. The leaves of cabbages not headed or those that grow after the head has been cut out, and the leaves of collards and kales are best cooked much longer on low heat and seasoned with ham, salt pork, or bacon. A touch of frost sweetens the collards, the hardiest of all leafy plants, which will live several years if given any kind of attention.

Leafy tops of many root vegetables such as turnips, beets, and radishes, when young, are all edible. In this climate the seed packet marked "Foliage" or Shogoin turnip makes the best greens of all turnips. The roots are edible but do not compare with root turnips. Young tops of rutabaga turnips, cabbage-like in texture, mix well with spinach or mustard. The golden beet recently on the market has a particularly good top, and the beet and the top cooked together are delicious served without seasoning.

There are many mustards. They grow rapidly in very cool weather, seed themselves, and have broad, rough textured leaves that are ornamental. Some look like handsome ostrich plumes. A broad leaf one, easily prepared and quick cooking is one of the best. The Tendergreen will last through the summer and taste a little like spinach. All are best when young and combine well with other greens.

Chards come in red and green, curly and plain, all tender and crisp. They are quick cooking and grow several years if kept pruned and watered. A few of each will supply all one needs for years.

Nearly all of these greens are in the produce department, and seeds are locally available. But there are exotics so old or so rare that only specialty seed houses have seeds, and only markets catering to national requests will have the vegetables. Pac-Choy is a chard-like green found in Oriental markets. Shungiku, a chrysanthemum relative with a pungent flavor, is also relished by Orientals. Our neighbors south of the Border have Verde de Lago, a tender waxy green that is a fine laxative, as most greens are, with a bland flavor which they pep up with chilis.

All peoples eat greens, Americans at the bottom of the list, because we have so many other good things to eat. But let's get back to "greening", or planting of the green for both health and beauty in the garden.

now is the time

Nibby Klinefelter

-a cultural calender of care from our affiliates-

BONSAI SOCIETY

Masao Takanashi

Now is the time

to repot.

to leave 2/3 soil ball and roots intact.

to gently brush away soil from remaining 1/3 root system, using bamboo chopstick to avoid damage.

to remove 1/3 root system, cutting with sharp scissors to prevent tearing.

to shape remaining root system to conform with shape of container.

to do a bit of touch-up pruning.

to mix 1/3 sand, 1/3 topsoil, 1/3 planting mix.

to cover drainage hole with screen, add a layer of small gravel, and cover with a layer of new soil.

to use DRY soil, avoiding air spaces.

to water from the bottom until the top shows wet.

to remember that deciduous, flowering (except quince) and fruiting trees need to be repotted every year. Conifers can go three to five years.

to read the excellent article on BONSAI in this issue.

BROMELIAD SOCIETY

Bill Knerr

Now is the time

to trim frost bitten, damaged, matured brown leaves, being sure that enough remains at the base to support the cup.

to keep cups filled --especially in windy dry weather.

to fertilize, using half-strength fish or other organic types toward the acid side. Apply every three to four weeks.

CACTUS & SUCCULENT SOCIETY

Jim Stalsonburg

Now is the time

to fertilize with a high-phosphorous type to promote flowering.

to ease into watering as signs of growth are noted.

to check blooms for aphis. To beware of spine mealies and other pests. Control with chemicals, or with alcohol and water, equal parts.

to use a pre-emergence herbicide sprinkled directly on the soil and watered in to prevent weed seeds from germinating in the garden.

to identify some of your unnamed mammallaries by their bloom.

CAMELLIA SOCIETY

William Gibson

Now is the time

to prune. Cut back to a growth bud or a leaf. Eliminate inside branches to open the plant for air. Prune to shape and control height.

to withhold fertilizer until new growth starts.

to maintain watering every week or so. Remember, camellias don't like wet feet but neither do they want to dry out.

EPIPHYLLUM SOCIETY

Ruth Nelson

Now is the the time

to start watering gradually.

to feed with a "blooming" fertilizer now that buds show (6-10-10).

to check the amount of sun. Too much shade and no bloom; too much sun and the leaves burn. Try for a position in filtered sunlight where the slanting rays of the afternoon sun will encourage buds to develop.

to recognize that both epi-FILL-ums and epi-FILlums, communicate, but more people say epi-FILL-ums.

FUCHSIA SOCIETY

James Watson

Now is the time

to increase watering.

to start feeding regularly--fish, or fertilizers toward the acid side are recommended. Fuchsias can take a lot --feed every two weeks when new growth has started.

to start pinching regularly. As soon as three pair of leaves have formed, PINCH, and keep pinching with every new set of three.

to spray at the first sign of white flies or inchworms.

to read directions and make spray solution weaker rather than stronger.

to continue vigilance as white flies hatch every seven days.

to water thoroughly the day before spraying and to fog three to four hours the day of spraying.

IRIS SOCIETY

Thelma Carrington

Now is the time

to fertilize with an all-purpose fertilizer. Sludge products and liquid fish are recommended.

to maintain watering, at least once a week. Japanese iris can be submerged.

to spray to control aphis, white flies, and other insect pests.

Nibby Klinefelter is a compulsive gardener who loves plants. She is editor of Espinas y Flores but finds time to contact all of our affiliates for this Calendar of Care.

ORCHID SOCIETY

Ione Maloney

Now is the time

to fertilize with a dilute solution. Suggested is 18-18-18--5 ounces to 2 gallons, using a hose-on proportioner, making in all 32 gallons.

to water once a week, using above diluted fertilizer every other time.

ORGANIC GARDENING

Paul Canady, Sr.

Now is the time

to keep compost well watered--but not OVERwatered--damp but not soggy.

to spread old compost for spring planting.

to have a new batch of compost going, for it cannot be hurried.

to be reassured that bacteria will appear without commercial "activating" agents, and the mold forming on coffee ground is harmless--more like penicillin!

ROSE SOCIETY

Marie White

Now is the time

to plant the last of this year's container grown roses.

to spray at one or two week intervals. Use a nicotine product for insects and chemical products for powdery mildew, scale, black spot, mites, and thrips.

to feed every three to four weeks with any of the commercial rose foods. Rotate the liquid with the dry.

to be sure that the soil doesn't dry out, particularly with new plants.

to mulch; planter mix and steer manure combined make a good mulch. Be careful, however, not to let the steer touch the canes.

to disbud hybrid teas for larger flowers.

Grafting of Camellias

William L. Gibson

AMATEURS WHO DO NOT GRAFT camellias during February and March are missing one of the most satisfying and rewarding phases of their culture. When one sees a special camellia bloom one likes, make arrangements to get a scion. This is the end tip of a branch. It should have two to three leaves. At the base of each leaf is a growth bud. Place this in a plastic bag with a few drops of water, seal it tightly, and put it in a vegetable container in the refrigerator until ready to use, not over two weeks. Now get a root stock. Either buy a plant or use one from home, not particularly liked. The stock should be about a half-inch. Additional materials needed are a large mouth gallon jar, pruning shears, a sharp knife or razor blade, and a rubber band. Now, go to work.

First, cut the root stock on about a thirty degree angle with the pruners, about three inches above ground level. Then the sharp knife takes over. Now shave the cut smooth, turn the plant around, and cut from the outer edge of the top side and slightly up. This will reveal a little flat spot to see the cambium layer. This is a fine green layer inside the bark. Try not to damage the bark. Place the knife in the center of the stock and split it for about one and one-half inches.

Now for the scion. This has to be cut on a tapered wedge. Start just under a leaf. Plan to have a long tapered V down the length of the stem, and cut to a V through the stem. With a knife blade or a small screw driver spread the slit in the root stock to receive the scion. This will be pointed down and the scion pressed into place. The cambium layers should be made to match with each other. If there is any doubt, adjust it by letting the bottom point stick out of the stock a little and allow the top to lean in a little. This will give a cross of the cambium layers at two points, which should insure a good take.

Now, take a rubber band, and cut it so there is a long rubber. Place one end against the trunk, take a couple of turns, and be sure to wrap the initial starting end. Next, take a couple more wraps, and hold the next loop open. Put the remaining end through this loop and pull the end. This should hold everything tight.

Now, take a jar, clean it, rinse it out, shake it, but do not dry it, for a little moisture in it is desireable. Cover the graft and place it in a warm, shady place. The grafts should be kept on the dry side but should not be allowed to dry out completely. When water is needed, a light application is sufficient. Generally, a half cup of water will be enough. In three weeks or a month it should start to show signs of being a new plant. At this time check for signs of callousing. This will look like a scab. When this starts lift the jar a little with the aid of wooden blocks or place strips across the top of the container to support the jar. This is usually done for about three nights to allow the new growth to get used to the outside air. Now paint the join with tree seal, and watch your new plant grow.

The rubber grafting band should be removed in early fall, at which time the graft can be considered completed and the new plant treated the same as any other camellia. The grafts should generally not be fertilized for a period of one year.

Mr. Gibson has been growing camellias in San Diego for the past 20 years. He has approximately 2,000 in his Pt. Loma garden. He is President of the San Diego Camellia Society.

A STUDY IN CONTRAST:

BONSAI AND TOPIARY

Shirley Hosier and Simonne Daly

IT IS NOT THE INTENT of this article to attempt to compare these two forms of tree culture, bonsai and topiary, but rather to point out the charactaristics of each. To compare would be to try to estimate relatively or to declare similarities or parallels. Rather will the endeavor be to demonstrate the differences--the antitheses of each to the other.

Frequently the remark is heard upon the viewing of a preened small tree or shrub specimen in a garden, either in the ground or in some form of container, usually a deep tub, "See the bonsai!" Actually what the viewer may be looking at is merely a trimmed tree growing in the ground, or it may be a form of topiary.

Bonsai, the training and growing of miniature trees in shallow trays or pots, probably originated in old China and reached Japan around the 13th century where it has become that country's own art perfection. It has to do with the cultivation of plants by artificial dwarfing or keeping small and the reproduction of natural scenes in nature by the arrangement of the plants in receptacles of earthenware or pottery, symbolic of earth and rock. To retain the essence of naturalness is the basic goal.

Topiary probably emanated from either early Egyptian, or more possibly Roman, times where it derived its name from Topiarius, a slave charged with trimming his master's unkempt greenery into formal designs and fanciful figures. From Rome it spread to Constantinople from whence it was then carried back to Europe via the Crusade routes. Roman legionnaires introduced it into England, where, like bonsai in Japan, it flourished and developed.

During the reign of Charles II English garden devotees dotted their spacious grounds with living urns, globes, and pyramids and human and animal figures. Le Nôtre, the supreme French landscape artist perfected the knot garden in the 17th century. He is said to have claimed that he copied his wife's embroidery. In the Gardens of Versailles intricate dwarf-bush mazes and a hedge-carved pack of greyhounds pursuing a stag enchanted Louis XIV.

Spanish topiary enthusiasts accented geometric rather than animated themes. Heraldic symbols, circles, and triangles recalled Moorish mosaics. The Dutch were more quaint, indulging their individuality in oddly shaped

Simonne Daly became interested in Bonsai and studied it while living in Hawaii. Shirley Hosier became interested while living in Japan. Both are members of the San Diego Bonsai Club.

Formal Upright

Informal Upright

Slanting Style

Semi-cascade

Cascade

bushes sometimes styled after prim mid-Victorian parlor furniture. An American Topiarius designed a set of chessmen.

And so while the growing of bonsai can be considered a true plastic, fine art which recreates nature, topiary is to be regarded as more of a folk art and is simply the clipping and grooming of shrubs and trees into ornamental and representational shapes resulting in forms "incongruous with their species and looking nothing like themselves."

Line and form are important aspects in bonsai culture; in fact, its chief beauty lies in its form, achieved best by the Japanese through their innate sense of scale resulting in a natural perspective so important in relation to the whole scene and scheme of a composition--the ultimate aim being to create the triangle so fundamental in Japanese tree design, heaven and earth united by the conciliator man. This artistic contour is accomplished by the molding of the trunk and branches of a plant with strands of wire; whereas the design of a topiary creation is achieved by sculpting the foliage of shrub or tree with scissors or clippers, at times around wire forms, much as a head of hair might be coiffed teased, and clipped.

Asymmetry, or as someone has said, "the studied violation of symmetry" is a goal in developing a bonsai, inherent in a single tree, and no two trees are alike. Asymmetry in topiary can only be found in its anomalies, its eccentricities--otherwise uniformity is the aim of design and where the clipping and fashioning are done purposefully to achieve a set symmetry. It is squareness, roundness, precision, conformity, balance.

Bonsai and topiary do share one physical aspect: They both require small-leafed specimens. The smaller the leaf the less will the marks of clipping show in topiary and a more compactness possible, while in bonsai the miniature look can be more easily accomplished and maintained.

Topiary Chessman

The slow growing but long living evergreens used for topiary are: Yew, box, cypress, laurel or sweet bay, holly, privet, beech, ivy, hornbeam, and rosemary to mention several. In bonsai most evergreens and many deciduous trees, all the small-leaved varities, make a successful bonsai and are a must.

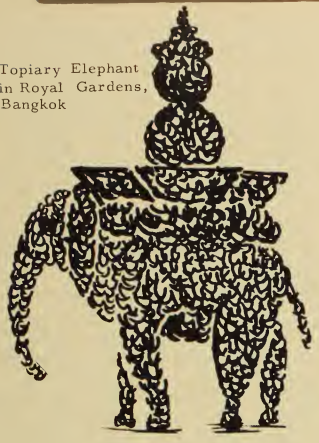
The real beauty of bonsai deciduous trees is in the naked state of their winter-bare branches. Topiary depends upon its solid foliage to be a success.

In the creation of a bonsai an individual can be inspired by a majestic mountain or ocean, a simple stream, a meadow, a rocky ledge, all accented through the styles of bonsai: Formal upright, informal upright, slanting, semi-cascade, and full cascade. (See Fig. 1-5) The miniature replica of nature may present a weather-buffeted appearance, a victim of the elements. So much more delight to the bonsaiist! Movement! A topiary creation remains unruffled, immobile, static. The elements can be disastrous, ruinous to it--even a light snow may become heavy enough to disturb a branch and spoil its form. (See Fig. 6-9)

In working with a bonsai-to-be plant all but the key branches are removed, leaving a skeleton which suggests what is to be. New shoots, adorning the outline and giving it life, are pinched back to encourage foliage and develop shape. This basic pruning and grooming should reflect the way the tree wishes to grow, expresing an ideal form. The bonsaiist respects a plant's originality and individuality, gradually leading it to develop its own characteristics without burdening it with any artificiality, contortion, or distortion.

The angle at which a plant should be viewed is of extreme importance in showing bonsai. It must be set in a container according to prescribed rules: In the center in a round or square container;

Topiary Poodle



Topiary Elephant in Royal Gardens, Bangkok

off to the side in a rectangular or oval container; and if a three-footed pot is used, one of the feet must be forward, to the front, except in the case of a cascade style at which time it is put under the fall of the cascade. In conventional topiary, because of the symmetry of design, a plant can be viewed from all sides. When photographing a bonsai specimen it must never be done from the right or left or upwards from below but rather always from straight ahead or straight on.

Bonsai consists of the study and imitation of nature. At the time of Le Nôtre it was noted that "art, not nature, was supreme in these gardens, and every tree, rose-bush, althea or pyracantha, annual or perennial was clipped, pinched back or otherwise disciplined to conform to a preconceived pattern. No branch was allowed to grow out too far nor chance seedling to reach maturity..." Bonsai impresses with its subtlety in this respect while topiary leaves nothing to the imagination once the isolated, tailored form is complete but rather an ostentation of cleverness and rigidity and at times even a showing off of the excesses and absurdities of formalism, resulting much of the time in a curiosity, a deviate from nature.

Topiary Rabbit

Surrounding and interplaying with these anomalies and serving as backgrounds or backdrops for them as on a stage garden strollers of the past might have ambled under trees whose branches were bent and intertwined so as to make arches or other forms into which they would not have grown without training. These structures were called pleached or plashed trees, while mazes or labyrinths consisted of enclosed paths which were plotted in such a way that a wanderer might lose his way. Solid hedges formed by living walls and enclosures of greenery were oftentimes created by cutting the tops of trees off. This treatment is called pollarding, and lime and laurel are excellent examples to use for it.

In the old days of topiary as in Le Nôtre's time Nature was fearsome, and this expression of domination over it through topiary was regarded as evidence of man's adroitness and ingenuity. While it has almost died out in its exaggerations what has survived is a tolerable formalism suitable for decoration in an occidental setting. Bonsai is something vastly different--an imitation or reproduction of Nature to inspire and instill in a man a sense of reflection and reverence. This oriental expression is becoming very popular in the Western world where more and more communication with Nature is desired and sought. The bonsai experience is a personal one--a being able to relate to a plant, making it a part of yourself and giving yourself to it.

The differences of bonsai and topiary have been drawn. Their semblance might be said to lie in the devotion brought to both forms of plant culture by their creators in sharing one characteristic -- the striving for perfection of design.

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The authors wish to thank Mr. Lester Jaussoud, president of the San Diego Bonsai Club for the illustrations in this article. They are also indebted to Miss Mildred Holmes of the LaJolla Public Library for her reference assistance.

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On the north side of the road back to the parking place, the variegated Tobira, Fortnight Lily, both *Moraea bicolor* and the more common *M. iridioides*, white with blue and yellow markings, form a border between the lawn and the highway.

The landscaping was designed by Wimmer and Yamada. The planting is simple but varied enough to provide interest. The plants have been chosen especially with regard to their adaptability to a difficult situation. There is usually wind, often fog. Both bear salt from the waters of the bay. This is filled land, dredged from the bay. The land was deposited on more bay and in a shallow sort of salt marsh. The surface soil is not very thick so plants used here must tolerate considerable salt.

Slight mounds and hollows have been formed which give interesting variety to the surface.

Eight species of trees, seven species of shrubs, and four perennials have been used in the plantings. Only two of the trees are deciduous, Coral Tree and Plane Tree. Most of the plants have very long flowering periods. The park will almost never be without color.

The park is under the supervision of Mr. E. Barteau, Horticulture Supervisor for the Port. Elvin Jolley is the Chief Gardener of the Park.

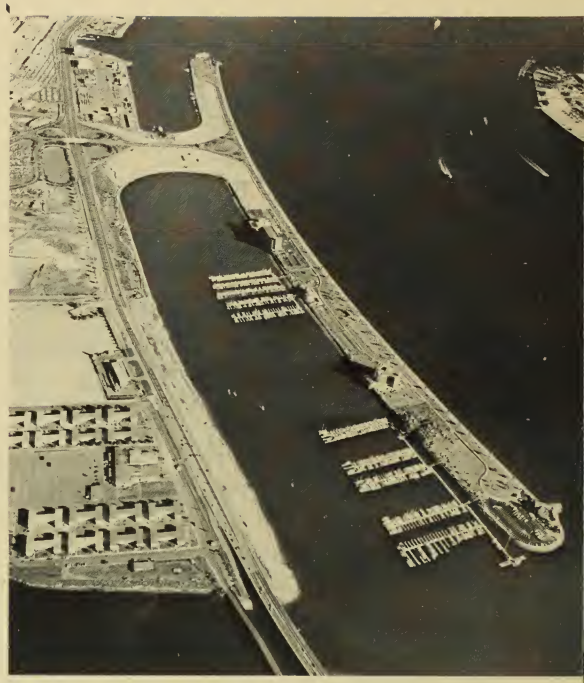


PHOTO BY PORT OF SAN DIEGO

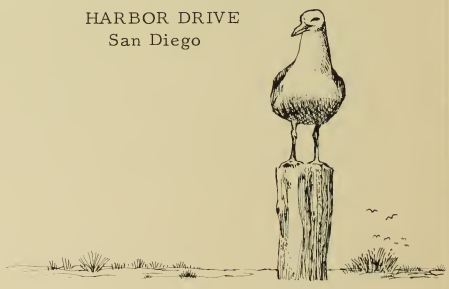
Air photo of Harbor Island and Spanish Landing Park. The new area is shown.

PHOTO BY DONALD SARTEN

A Plant Walk

Spanish Landing

HARBOR DRIVE
San Diego



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SPANISH LANDING PARK

Mary Louise Jannock

SPANISH LANDING PARK is reached by a turn-off from Harbor Drive less than one mile west of the airport entrance. There is a parking lot at the west end of Spanish Landing very near the entrance. A fence cuts off the area to the west where the continuation of the park will be built.

The approach to the parking lot and the entrance are bordered on the W side by low beds of Lily-of-the Nile (*Agapanthus africanus*) and variegated *Pittosporum tobira*, one of the several sweet-scented shrubs called "Mock Orange". Variegated "Tobira", its Japanese name, grows lower and slower than the dark green ordinary form. Both take pruning well.

The E side of the entrance is bordered by Tam Junipers (*Juniperus sabina* var. Tamariscifolia) and low compact shrubs of Yeddo Hawthorne (*Raphiolepis ovata* or more properly *R. umbellata*) The grey-green needles of the "Tam" contrast well with the very green dark leathery leaves of the Raphiolepis. This shrub has clusters of small white flowers for much of the year, followed by bunches of blue-black berries which please the birds. On both sides of the entrance behind the beds are lawns with irregular groupings of the Cluster Pine (*Pinus pinaster*). This is a southern European costal tree which resists sea winds well.

An attractive structure to house restrooms and storage facilities is built of sandy brown cement blocks with planters on both sides of the entrance. Here low shrubs of Natal Plum (*Carissa grandiflora* var. compacta) fill the base of the planters. Their shiny dark foliage is starred with fragrant white flowers. Big, bushy, grey-green New Zealand Christmas Tree (*Metrosideros tomentosa*) are on either side of the entrance. These are handsome shrubs with conscicuous clusters of vivid dark red flowers which are mostly stamens. (Characteristic of the Myrtle Family.) It is a flamboyant cousin of the 'Lehua Ohia' of the Hawaiian lava fields. At the corners of the little building "San Diego Red" Bougainvillea climb to the roof sporting their red blossoms a great part of the year.

Toward the bay from the entrance of the building is a planter island centered by a Rustyleaf Fig (*Ficus rubiginosa*) surrounded by the yellow Fortnight Lily (*Moraea bicolor*). West of the walk toward the bay are more Tam Junipers with beds of golden Day Lily (*Hemerocallis flava*).

Alongside the bay is a steep facing of heavy rock topped by a gravel path. Tam Junipers are planted at the edge of the lawn. At the top of the rocks there are 'San Diego Red' Bougainvillea vines trailing their red bowers down over the rocks. This makes a gorgeous frame for the park from the bay and from Harbor Island as well as from the park itself. The 'San Diego Red' is resistant to the sea wind and is only slighly damaged by our infrequent frosts.

There is a good surfaced walk winding through the lawn to the east, bordered by Raphiolepis in intermitent groupings. A grove of white-barked Cajeput Trees (*Melaleuca leucadendron*) is in this lawn. On beyond there is a grove of Rusty leaf Fig with more Tam Junipers. Proceeding east there is a thick planting of the compact form of the Australian Tea Tree (*Leptospermum laevigatum*). Eventually this will grow to from 6 to 8 feet high and will have shaggy tortuous trunks, wind-twisted into very interesting shapes. It has small starry white blossoms and dull blue-green leaves.

Next in the center lawn one meets a grove of Coral Trees (*Erythrina caffra*), bare in winter, but covered with yellow green foliage soon after the vermillion flowers bloom at the branch tips in early spring.

The path passes a large mound planted with Rustyleaf Fig and variegated Tobira on one side while the other has a border of Lily-of-the-Nile backed by Australian Tea Trees.

At the east end of the path is another small building for restrooms and the gardeners' office, planted with Natal Plum, Bougainvillea, and New Zealand Christmas Trees as at the west end. Fortnight Lily is used as a border to the paths.

Beyond the building the land rises to the overpass between Harbor Drive and Harbor Island. Pines used in the lawn here are the Monterey (*Pinus radiata*). At the top of the rise the road is banked with the shrubby Sidney Golden Wattle or Australian Willow (*Acacia Longifolia*). A small form of *Eucalyptus sideroxylon*, Red Ironbark is planted on the slopes and in the circles of the exchange is the London Plane Tree (*Platanus acerifolia*), a hybrid of the Oriental Sycamore or Plane Tree. Quite an

Mary Louise Jannock is a former college teacher of Botany and Biology. She enjoys history and knows many interesting things about plants.

Spanish Landing

Bea Evenson

WHEN I HEARD in early 1965 that the strip of land on the bay side of Harbor Drive between the Naval Training Center Lagoon and the Lockheed Marine Laboratory was in danger of being commercialized with marinas and possible service stations for boats, etc., I decided that I would try to save this piece of vacant waterfront land for the people. It seemed important to preserve the beauty of this piece of San Diego waterfront as a reminder of our maritime heritage.

Everyone I told of my plan said that it could not be done, that others had tried and failed. They claimed that it would be impossible to accomplish. Also, I was told that the Port Commissioners were determined not to give the people such a Park, as they were more interested in tenants who would produce more revenues for the Port.

In 1908 John Nolan, a renowned city planner, was hired and brought to the city by George Marston and Julius Wangenheim. The original Nolan Plan was submitted to the city. It included a suggestion that a green park area run all along the waterfront from the ferry landing to Point Loma. The City Planning Commission adopted the Nolan Plan, but after an argument with the Mayor, they resigned as a body. Nothing was accomplished.

In 1926 the city commissioned John Nolan to develop a more comprehensive plan. Some of this plan was used but not the beautification. Mr. G. Aubrey Davidson was very active. But there was never a group to push it, so nothing was done. Different portions of the frontage were leased and only this small portion was left undeveloped.

I had no idea how to go about getting this Park as I was absolutely green, but I was determined. I sought advice from everyone. (In the beginning Mrs. Raymond Smith of City Beautiful, who was the Director of Palomar District of the California Federation of Garden Clubs, was particularly helpful.) I stayed at home and began telephoning. I telephoned for months, even into the night. I telephoned clubs, auxiliaries, and even men's groups. Soon I learned which clubs would cooperate. After about six months the support of 75 organizations with about 20,000 people had been obtained. The City Councils and prominent citizens from the five sister port cities (San Diego, National City, Chula Vista, Imperial Beach, and Coronado) were contacted.

A women's committee* was organized. I had difficulty finding people to serve, for most thought the goal was impossible. A letter campaign was started of letters to the Port Commissioners urging the setting aside of this strip of land for a park. Members of the women's committee called on each of the Port Commissioners. The Commandant of the 11th Naval District was contacted for support. Mrs. Clarke Bennet suggested a postcard campaign. Thousands of postcards were sent to the Unified Port Commissioners, each signed by individual citizens. A men's committee to help was organized. Senators Jim Mills and Hugo Fisher were contacted, and they wrote to the Commissioners urging them to support the Park Plan.

The papers helped, too, with articles and editorials.

In October, 1965, six women went before the Commissioners to ask that a harbor front park be set aside. They felt that more open space and beautification was

*Mrs. Clarke Bennet, Mrs. Raymond Smith, Mrs. Laurence Klauber, Mrs. Bruce Hazard, Miss Mary Marston, Mrs. Frank Wherry, Mrs. E. Felten, Mrs. F. A. Heilbron, Mrs. Ormsby.

Mrs. F. Evenson in Spanish Landing before it became a park.

PHOTO BY PORT OF SAN DIEGO

Mrs. Frank Evenson came as a bride to this area. She has always had an avid interest in history and in preserving the natural beauty of San Diego.

needed. They stressed the importance of the Park as a beautiful entrance to San Diego. The Port Commissioners were not as difficult as they had been painted. It only had to be proved that the citizens of San Diego wanted to preserve the last bit of waterfront. The City Councils had approved the plan. We were careful to remain calm, never to become angry, but to remain firm. Cooperation with the Port to attain this Park was our goal.

We won! In December of the same year the Unified Port Commissioners at a regular meeting adopted a plan to set aside a Park free of commercialism on the strip of land bordering the bay from the Naval Training Center Lagoon to the Lockheed Oceanographic Laboratory.

Wimmer and Yamada did the landscaping. The Spanish heritage of our city has been preserved in the building designs and in the iron and wooden benches. The whole design and the plantings were beautifully executed. (See Plant Walk for plant names.) The Park was much more beautiful than had been anticipated, for it completed the landscaping projects done around the airport. Mr. William Penn Mott, head of California State Parks, says it is unique in the U. S. A., as no other waterfront park is near the entrance to a city.

On January 10, 1968, Spanish Landing was dedicated. This 2600 feet of waterfront is today a thing of beauty, a refreshing joy for all who drive by on busy Harbor Drive. Many come to walk or picnic, and many office workers bring lunches and relax and enjoy the beauty and clean air. It is beautiful from the land, the bay, and the air. All who have supported it should be proud of their achievement. This program, the first ever pushed by county-wide unity and cooperation has been a success.

SPANISH LANDING II

The second half of Spanish Landing, 2300 feet of waterfront, which was owned by the Navy and Marine Corps was yet to be acquired. San Loftin and the Kiwanis Club talked to the City and the Port. Congressman Bob Wilson talked to Congress, the General Services Administration, and the Commandant of the 11th Naval District. A Bill was passed which stated that surplus land could be released with no money exchanges for park purposes. The Navy and Marine Corps declared the strip as surplus in their endeavor to help. The Armed Services Committee recommended that the land be turned over to the Port of San Diego for the Park.

A committee has been organized to obtain donations for trees for this extension. This is being done to demonstrate our interest in this new park and to express an appreciation for what the Port of San Diego has done toward beautification.

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COMPOST

John E. Miller

THERE SEEMS TO BE great confusion in people's minds about compost. Webster's definition is: "A mixture of various substances for fertilizing the ground ... To manure with compost...."

There are as many substances to use for compost as there are ideas in people's minds. I have even heard of plastic being chopped or shredded and used for a mulch around plants to conserve moisture. Seaweed is my number one choice for composting as it is easy to obtain and has good value. When chopped, it tends to heat readily and helps to break down the heap. Many things that the average person throws away will help to heat the heap. Examples are: coffee grounds and ground fresh household garbage (potato, carrot, lettuce trimings, and peelings.)

Many other things are good to add to a compost heap. Eggshells are a good source of natural sulphur and calcium. Some trees grow better if the eggshells are soaked in water. Natural lime, greensand, rock phosphate, blood meal, sludge, and raw bone meal are all good additives for the heap. Fallen leaves are not only free, but people will appreciate having you take them. They will also appreciate having you take the lawn clippings which are a good source of nitrogen. Animal manure can be added, also.

AEROBIC COMPOSTING

The aerobic method is the fastest method of preparing compost. The material must be chopped fine using a special compost grinder or by running the lawn mower over the material many times. It should be piled in a heap and dampened thoroughly. Every three days the material should be wet thoroughly and turned. All of the heat will be removed in from nine to 14 days. It can be used in the garden then.

ANAEROBIC COMPOSTING

The easiest method of preparing compost is the anaerobic or sealed-off method. Dig a trench a foot deeper than you plan to plant, and sprinkle the bottom lightly with pure lime, sludge, and granite dust. Put in any household garbage (ground in a home food blender) such as potato, carrots. I get waste lettuce from the stores, too. Residue from alfalfa where stock has been fed or any chopped pieces of good quality hay is good. Add a little water and cover with a thin layer of screened dirt or a layer of chopped leaves or peat moss. (I use pure Spaghnum peat moss.) Chopped seaweed added to this will make it better. You may plant as soon as you want. Some wait for six months, but I have planted within two weeks' time. By adding hybrid earthworms I have planted after one week.

For more detailed information I suggest that you read: "The Complete Book of Composting" by J. I. Rodale and staff; "Harnessing the Earthworm" by Thomas J. Barrett; and "Quick Return Method of Composting" by Maye E. Bruce.

I often bury metal cans in my garden. I cut off both ends and flatten the center. I dig my hole two feet deeper than I plan to plant, put a layer of cans in the hole, put a foot of dirt on top, and proceed as in anaerobic composting. The plants with cans under them were larger and produced larger vegetables than those without cans.

CITIES SHOULD UTILIZE GARBAGE

I don't believe that the cheapest way is the best way for a city to handle garbage and sewage. All of it could be handled in the same complex and be recycled to save our resources. It is certainly a better way than filling up canyons, Nature's natural air-conditioning system, with Sanitary Fills. It is better than fouling the oceans.

My plan is:

1. Collect garbage separately and run it down shoots to be chopped and liquified.
2. Then it would be introduced into large digesters where oxygenated sewage and chopped seaweed would be added.
3. Next, the material would be poured onto sand filled traps or into drying sheds.
4. In the last phase the dried material would be ground and sacked to be sold as a fine organic fertilizer and soil conditioner.

In some cities the sewage is treated and the sludge is sold. In other cities this sludge is made available to the citizens on certain days at no cost if they will come to the plant and take it away in their own containers.

This could and should be done in every city. We must learn not to despoil things and to save our land.

John Miller is an organic gardener who is constantly experimenting with new ideas and new methods of gardening without chemicals.

A More Beautiful World...

IT ALL BEGAN with a poinsettia stalk, a ring at my doorbell, and a third grader from Ellen Browning Scripps Elementary School. The young man, David Korevaar, told me his class was worried about the world and what's happening to it and that they were concerned about all types of pollution, endangered species, and overpopulation. The class was selling poinsettia stalks to make the world more beautiful and were giving the money to the Sierra Club, the National Wildlife Fund, and the Clean Air Council.

As it turned out, their teacher, Miss Fran G. Wargo, says the class has an interest in ecology that just won't stop. They've put on a show to raise money for extinct species of animals. The money was sent to the International Union for Conservation of Nature and Natural Resources in Switzerland. They made posters protesting the dangers of pollution, the winner being, "The wise old owl says pollution is not for the birds." And they've written letters protesting pollution to the editor of the San Diego Union which have been published. California Garden asked them to write a few lines for us on "How can we make our world more beautiful?" The results follow.

Grace T. Brophy

I would go to Sacramento and try to pass some laws such as instead of spending all the money on welfare to spend it on non-polluting rapid transit. And I would support worth wile organizations, such as the Sierra Club.

Kimarom Kiley Duff

I think that if everybody would understand that the world is not something that we should pollute its something that we should live with, then we'd take care of it naturally!

Rosalyn Lowry

Do as much as you can yourself. Get some people together and plant flowers or trees on the side or middle of the the street to make it beautiful. Beautiful means a lot to me. It means happiness and joy. It means a lot to me.

Kara Gontzel

Wake up World!! Here's a way to help: pick up trash after yourself. End the DDT and chemicals — that is why we hardly see the brown pelican any more. We had a bazaar and talent show and we raised $55.44. We sent it to the I.U.C.N.

Mr. William Michael Weiss

We can stop the canal in Fashion Valley and have electric cars. We can plant more trees and flowers and not any more buildings.

Elizabeth Hill

We can help by picking up trash all over the city and not wrecking forests for houses. We can also help by not throwing trash in the water and having the sewer go somewhere else than the ocean.

Eileen Garren

We should keep our land Now! And do not let anyone take it. Our parks have already been invaded by tractors and trucks.

Jim Babcock

Life is so beautiful with clean air, water and land. Please give a helping hand. Please Help Our Earth by using white tissues, because colored ones pollute with their dyes.

Bernice Schrauzer

By making laws that say that you can't hunt or throw trash, and instead of dirt for schools put grass. Don't be careless and leave water on and take away factories and cars. And if we were awake we would have stopped the men who are digging up Alaska for oil.

Lisa Fritz

Tune up your cars!
Don't be * hot-rodders on dirt roads! Make laws that say no shooting animals! Have classes for children that teaches them how to make the world more beautiful.

Patti Saltzman

For first I think we should stop pollution, and all cities to help us stop it. And tell the Government that we shold stop putting hotels in property, so we can stop pple from coming to San Diego, to stp cut down pollution.

Ty Tinsley

I would think everybody should get up and start fighting pollution. People should do as follows: 1. Pick up trash. 2. Stop using cars for transportation and start walking more.

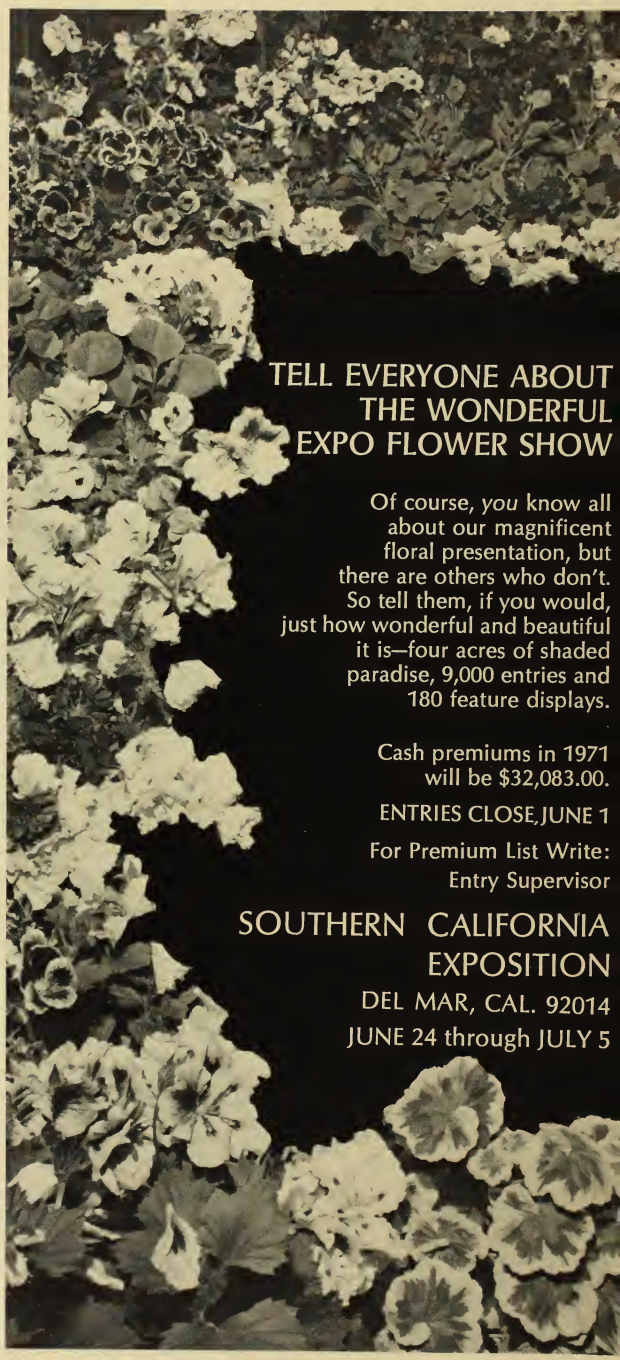
David Koordan

One way would be to buy more fruit, then I save the seeds and plant them. When you get fruit from the plants save the seeds from them and either 1) sell the seeds to a flower shop or 2) plant them any place that needs beautifying.

Miss Sara Kay Schneider

I think we should stop putting DDT in the ocean and killing the fish and stop using flowered tissue and having it kill the fish from the dye and kill the birds who eat the fish.

Elizabeth Evans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Margaret Eddy Fleming

Grace T. Brophy

THE HOUSE at 2624 Ellentown Road is situated on a quiet, residential street in La Jolla. The front nestles next to two other houses in an unimposing way. The back is an isolated expanse of land that juts into a V-shaped ridge with a view of the Pacific beyond. Two magnificent Torrey Pines overwhelm each back corner of the house, their giant forms, unlike the contorted, tortuous, gnarled specimens in the State Park, are symmetrical, bespeaking gentle and loving care. It is a Torrey Pines Extension in miniature. The home belongs to Margaret Eddy Fleming, artist and conservationist, who is affectionately called by her friends, "Mrs. Torrey Pines."

The name has rubbed off from her late husband, Guy L. Fleming, naturalist, conservationist, and park administrator who made the lovely grove of Torrey Pines in North San Diego County a point of departure for his many adventures with his artist wife by his side. The results of their efforts are well known: The magnificent park now run by the state is the result of his years of work; the Torrey Pines extension, just North of the Reserve, is the fruit of her endeavors.

Margaret Eddy first came West in 1924 from her native New York City where she had never ridden anything more rambunctious than the subway. After meeting Guy Fleming, her life as a city girl changed to that of a naturalist's wife. She and Mr. Fleming, then employed by Miss Ellen Browning Scripps, in charge of Torrey Pines, were married in 1926.

Their early married life was spent in a house on the Scripps Oceanographic campus. Mr. Fleming collaborated on the landscaping of the oceanographic grounds, Scripps Hospital, and Scripps College in Pomona. In 1933 he became Superintendent of the Southern District of California Beaches and Parks with his district ranging from San Simeon to Mexico across to Arizona. But his interest in the Torrey Pines dates back to June, 1916 when he and Mr. Ralph Sumner, representing the San Diego Society of Natural History and the San Diego Floral Association, made a two day visit to the Torrey Pines to conduct botanical studies. In June, 1921, Miss Ellen Browning Scripps appointed him custodian with concurrence of the City Park Commission, of the lands purchased for park purposes and the city-owned lands.

In 1929 the Flemings and their two children, John and Margaret, moved into a house for the custodian in the preserve and lived there until 1958 when the area became a State Reserve. The house was designed by them and largely built by his hands. From here the protection of the Torrey Pines was managed. To maintain the park during depression days was a struggle, but it was made an adventure by the Flemings. They loved the isolation and the magnificence of the scene. During the depression when there was no opportunity to have a secretary, she performed the task for her husband. "We worked extremely well together," she said. "I never wanted to change him; he never wanted to change me."

The isolation of the setting set her artist's hand to work. As a young girl in New York she studied with George Bellows at the Art Student's League on West 57th Street working in all media, but she preferred oils to water colors, and above all, etching. She liked landscapes best. Living among the Torrey Pines, she felt they could best be described in etching form. She carried her sketch books and pencils with her constantly, and any free moment was never wasted.

"My parents were largely responsible for my creativity," She said. She was the only child of Cynthia and William Abner Eddy. Her father was the inventor of the Eddy Kite, the first tailess kite used in meteorologic and scientific experiments. The Kite and other material are in the Smithsonian. Reminiscing about

Grace Brophy is a "retired" medical editor and is now Associate Editor of CALIFORNIA GARDEN.

them she said, "My parents had the feeling a child should be allowed to sit up and listen to what was going on, with a result that this child mopped up like a blotter all that she heard."

Her botanical interest arose from her husband's knowledge as a naturalist. "He always wanted me to make the most of my mind and so encouraged me to continue my art work." She added, "We both had the theory that anyone interested in creativity yet in bringing up a family must set aside certain parts of every day to retain the creative urge outside the family. Pointing to a framed etching of the wall of her living room she said, "This is what you can do as a housewife." The picture was of the Torrey Pine. It is now copyrighted and used only by The Torrey Pines Association. It is one of the 80 to 100 etchings she has done; 28 to 30 of them are of the pines. Some have been sold, thus supporting her hobby.

Her etchings were exhibited by the La Jolla Museum of Art May 23-June 1, 1969 as part of La Jolla's celebration of San Diego's 200th anniversary and "contained the reflection of the trees, as studied by Mrs. Fleming during her 32 year residency among them." She has also exhibited in shows at the National Society of Etchers and Printmakers and the Art Students' League "Life Member Show" in New York, at the Seattle Art Museum, and the Crocker Art Museum, Sacramento. Previous one-man shows of her etchings have been held at the Fine Arts Museum in San Diego and at the La Jolla Museum of Art, of which she is an honorary trustee.

The etching used by the Torrey Pines Association was one done on the hill above the Guy Fleming trail, so named after Mr. Fleming's death in 1960. The trail was created by her husband. "He took thousands of people over that trail," she said, "and he told stories of plants and trees as though they were old friends. I brought up the rear and realized he told those stories hundreds of times, but each time he'd come up with something new and interesting to me."

Her son, John, chief ranger at San Simeon for the California Department of Parks and Recreation, told of his Mother's interest in Civil Defense. "The day after Pearl Harbor, she and my Father became aircraft observers, first at Torrey Pines Lodge, then at Del Mar." They both served over 1,000 hours between 1942-1944. "She also taught arts and crafts once a week for 2 years in the hospital at Camp Pendleton during the war," he said.

Mrs. Elden E. Allen, her daughter, told of her work with the Girl Scouts. "She started as a troop leader but eventually she was elected to the Board of Directors." With her husband's assistance she helped establish the Girl Scout camp, Camp Tapawingo in Cuayamaca State Park.

In 1949 the Ellen Browning Scripps Foundation published a booklet to awaken public interest and support in perpetually preserving and protecting the Torrey Pines. The cover of the booklet contained the etching done by Mrs. Fleming, the one now used exclusively by the Torrey Pines Association. It is pictured on our cover and may be reprinted only with their permission. The Association was founded in 1950 by Guy L. Fleming, and he became the first president. He served in this capacity until his death. In addition to the presidency, the Association is comprised of a board of 21 councilors and about 100 members. After her husband's death, Mrs. Fleming became a councilor. Often meetings of the board are held in her home.

In 1966 Mr. Robert Bates of Del Mar, then a public relations man for the Naval Electronics Laboratory in Pt. Loma, approached Mrs. Fleming with the idea of trying to acquire for future generations about 260 acres of private land just North of the Reserve that contained some 3,000 native Torrey Pines. The idea appealed to Mrs. Fleming, as well as to Dr. John Comstock, then president of the Torrey Pines Association, and the council. A successful bond issue had previously passed in 1964 and finalized in 1966 to acquire more state parks, and in 1967 the State Park Commission was empowered to allocate funds. Mrs. Fleming and a committee from the Torrey Pines Association went to the commission to plead their cause. Old Town was accorded an outright $1 million dollar allocation; at the same time Torrey Pines received $900,000, if matching funds could be raised by June 1970. Supporting the Extension besides the Torrey Pines Association were many private citizens, the Sierra Club, Torrey Pines Wildlife Association, San Diego Society of Natural History, California Academy of Science, Citizens Coordinate, Daughters of the American Revolution, and, of course, the ever generous Ellen Browning Scripps Foundation, to name only a few.

As the drive gained momentum, Mrs. Fleming would talk to interested groups, appear on television, and give radio talks. Reflecting on the drive Mrs. Fleming said, "One person after another took up the cudgel and then faded away. Dr. Whitaker and myself remain." (Ed. Note: Dr. Thomas W. Whitaker, well known naturalist, is president of the Torrey Pines Association and has been interested in the pines since his return to San Diego in 1936. He also is a close personal friend of Mrs. Fleming and the late Mr. Fleming). "I was what might be called the 'poker'", she said. "When the fires burned down I would poke around to get someone else."

She was particularly touched by the generosity of the younger peo-

ple. "I had grade school children hand me pennies and nickels," she said. "One group gave $12.60." She said, "Thousands of dollars were raised by the young who caught fish and sold it, made fudge and sold it in the neighborhood, gathered papers, washed cars. Everybody helped. There was even a Torrey Pines Walk that raised money."

And there were many fund raising benefits. On the occasion of Mrs. Fleming's 82nd birthday on January 11, 1970, $6,000 was raised. The money was donated to the fund drive. The guest of honor was unable to attend the party because she had broken a hip and was convalescing at the Torrey Pines Convalescent Home, but her guests formed a car caravan to the home and sang happy birthday. The La Jolla Light & Journal, in reporting the story, said, "The contributions were a tribute of the affection which the community holds for Mrs. Fleming."

By July, 1970, deadline for the drive, more than $800,000 of the necessary $900,000 had been raised. Mr. Edward L. Butler, campaign chairman said, "It is safe to say the trees are safe." State officials, Mr. Butler said, assured him the $900,000 state share would be released even though the local campaign fell just short of the goal. In addition, a federal grant for which the state had applied came through in October, 1970 in the amount of $459,510 for acquiring the property.

At the Torrey Pines victory celebration November 12, 1970, Dr. Whitaker said, "...In my opinion the key to this operation has been the sustained faith and determination of Margaret Eddy Fleming. Without her courage and foresight it is doubtful whether we would be here to celebrate the successful termination of one aspect of this campaign."

And so the goal was reached. But Mrs. Fleming shakes her head and says, "Anyone with a goal knows that it is never reached--there is always a new project on the horizon. In the case of the Torrey Pines, there is still much to be done to save this priceless heritage for future generations."

Her husband put it well when he said, "Visit the Torrey Pines; discover for yourselves the spell that is cast upon those who visit this last resting place of a vanishing forest. Take with you the beauty of a vision of beauty unfolded--the painted cliffs and rugged canyons; the green groves and flowered hillsides; the wonderful panorama of mountains; the sweeping shoreline and the blue sea; and, as you review these pictures again and again on memory's wall, you can have the added pleasure of knowing that with your cooperation this reserve will continue in its primitive beauty to be admired and loved by all who visit it."

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Acorn Mush

Helen V. Witham

Photo by Anne Galloway

Mrs. Roscinda Nolasquez is keenly interested in the survival of the arts of her people. She teaches the Cupeno language, songs, and dances. She awaits the completion of the Pala Cultural Center. In the above photo she pounds acorns in her stone mortar at her home on the Pala Indian Reservation. Weewish, Acorn Mush, is a favorite dish.

IT IS NO LONGER a way of life. The grinding holes are still there, worn deep into the granite outcrops by hundreds of hours of pounding with heavy stones, but only occasionally now are they used in preparing acorn meal. These days only rainwater and blown sand collect in the grinding holes. Here and there throughout the county are the large slabs with many holes, which were once community "mill" where groups of women used to gather to grind acorns or other grains or seeds. They are no longer used in this way.

The grinding is done at home, on individual grinding stones. A grinding stone is shaped from a hard boulder about 16 inches in diameter. It should be slightly flattened on the bottom so that it will rest firmly on the ground. (Roscinda has set hers in the top of a small washtub to hold it steady.)

The top is hollowed out slightly, and in this shallow indentation the acorns are pounded. On a new stone the shallow hole does not serve to keep the pieces from flying off in all directions. This problem is solved by cementing a collar of basketry to the top of the stone. Asphalt is used as the adhesive.

After the acorns are broken into pieces they are ground into a fine flour on a metate, using a mano. The metate is a rough oblong of stone with a slightly concave grinding surface. The stone may be propped up, to raise one end, or it may be thicker on one end, so that a slanted surface is available for the grinding process. The mano is a wide stone, nearly flat on the grinding surface, and rounded enough on top so that it may be held firmly with both hands while using. These are the implements used in making acorn meal or mush.

The way of it is remembered by older women who now and then prepare food for some special occasion in the ancient ways. According to Mrs. Roscinda Nolasquez, of Pala, this is how the Cupeño people prepare their acorn meal:

Acorns are gathered and spread out to dry. They may be shelled before drying, but usually they are dried in the shell, then stored in baskets in a dry, airy place. They will keep a long time if no moisture is allowed to reach them. Any dampness would result in quick spoilage.

When mush or meal is wanted, acorn kernels are thrown into the grinding hole and pounded to bits with a heavy stone pestle. The pestle is about 10 or 12 inches long, rounded on each end. About a double handful of acorns are pounded at once. The resulting coarse meal is then ground on the metate into a fine buff-colored flour.

But it is not yet ready to use. It must be leached to remove the tannin which gives raw acorns their bitter taste. Either cold or hot water may be used--the hot works faster. Water is poured over the meal several times.

"How many times?"

"After about four times, taste and see if it tastes good."

Then it is boiled in water, with no salt or other seasoning. The meal thickens as it boils, like any other starchy vegetable. It may be eaten hot or cold. On cooling, it sets or jells into a firm pinkish tan cake.

Which kinds of acorns are best?

Among the Cupeño, who live near Palomar and Hot Springs Mountains, the favorite is Black Oak, *Quercus kelloggii* This is our deciduous oak, of the high mountains. Second choice is Liveoak, *Q. agrifolia* The large, fat fruits of the Gold-Cup Oak, *Q. chrysolepis* are not much in favor, because they are difficult to grind. Acorns of the scrub Oaks, *Q. wislizenii* and *Q. dumosa* are used only when no others are available.

Helen Witham is a native of San Diego County and has always been interested in plants and wildflowers. She is the assistant Curator of Botany at the museum of Natural History.

ROSES

Otto and Esther Barksdale

"...there is no royal road, no golden key to an excellent Rose garden...but...a poor man...who loves the flower, may walk about in March with a Rose in his coat"
Rockwells' Complete Book of Roses

IT'S SPRING. Your established roses have been pruned, newly chosen bare roots have been planted, and we now face the growing season of the rose plant.

High on the list is a correct watering program to aid in rose growth. When rainfall is lacking, roses should be irrigated often to thoroughly moisten the soil. When drainage is good, roses will need lots of water during the growing season. Keep in mind, however, that roses will not tolerate wet feet. In moist soils a good, deep 18" to 24" watering once a week is sufficient, but this will vary according to the type of soil. During hot and dry weather, more frequent watering is required. Living in the Beach area, we find that early morning watering aids in discouraging fungus growth.

It is highly recommended that a two to three inch layer of mulch be maintained in rose beds. Some of the suitable mulches are: Wood shavings, sawdust, buckwheat hulls, bean-straw, ground corn cobs, and decomposed compost. A mulch will conserve moisture, protect roots from heat, discourage weeds, and be beneficial to rose growth. Remember, however, when the mulch breaks down, adding a nitrogen product to the soil is advantageous.

Most garden soils contain sufficient nourishment to get new plants off to a good start. Newly planted roses should not be fertilized until well-leafed and growing vigorously. We prefer a liquid fertilizer with fish base. During the growing season it should be applied every two weeks after watering. Fish fertilizer is relatively inexpensive, all organic, and creates beneficial bacteria in your soil. Established plants are heavy feeders so any balanced commercial fertilizer (granular or pellet) applied at monthly intervals during the growing season is most helpful.

Since nearly all roses are budded on a special root or under stock, at this time of the year one may find a "sucker" or shoot growth growing from the root stock itself. Avoid the serious mistake of misidentifying a new basal cane as a sucker. Basal canes emanate from a point at or shortly above the bud union. Suckers, on the other hand, start from a point below the bud union. The stem, thorn pattern, leaves, and color of the suckers will differ in appearance from the desired rose. When a sucker develops, surgery is needed. Protect yourself from the thorns, grasp the sucker firmly just above the soil level, and pull the undesired growth straight up without twisting your wrist. (if sucker should fail to come clean, remove the earth down to the level at which the sucker joins the root and cut it off neatly at the point of juncture.) Keeping a garden sucker clean will make for a more handsome and productive garden.

Having followed a good rose culture program, the Spring roses arrive that will enhance the home and possibly entice the neophyte showman to get a running start on his first rose show.

What constitutes a good rose? A good rose is one that has form, size, color, substance, good foliage and is at the most perfect phase of its possible beauty.

FORM - 1/2 to 3/4 open, sufficient petals symmetrically arranged in a circular outline and tending toward a high center.

COLOR - Typical of variety being clean, fresh, clear, and pure with brilliance.

SUBSTANCE - It constitutes the texture, crispness, firmness, thickness and toughness of the petals and determines the degree of stability and durability of form and the keeping quality of the rose.

STEM AND FOLIAGE - the stem should be in proportion to the flower and the foliage comparable in size with the bloom and stem.

SIZE - The essential point is whether or not the overall physical dimensions of the blooms embodies a full size representative specimen of the variety.

When dis-budding is required, the ideal time for removal of side buds is immediately after they have developed sufficiently to show a rudimentary stem. At this time, they can be snapped off sidewise with the thumb and forefinger, or they may be cut out with a very sharp knife blade.

The best time to cut roses is during the late afternoon or early evening hours. At this time, the sugar content in stems and buds is at its highest. The next period would be early in the morning. During the cutting procedure, carry a pail of cold water to immerse the cut blooms being sure you don't overcrowd and damage your specimen. Keeping them out of drafts in a cool storage place will prevent loss of moisture.

Good grooming habits are most important. Judges look for a clean specimen, so remove any residual spray from leaves. You can remove an outer petal or petals from the bloom if damaged, but do not do so if it detracts from the form or characteristic of the rose. Check the bloom for visiting insects; a small camel hair brush will usually unseat the "critter". It is usually helpful to label your variety at this time, saving time at the show.

The Barksdales have been growing and showing roses as a hobby for seventeen years.

THE BOOK SHELF

GARDENING WITH HERBS FOR FLAVOR AND FRAGRANCE
by Helen Morgenthau Fox. Illustrated by Louise Mansfield. Dover Publications, Inc. New York, N. Y. 312 pages. $2.50.

This 1970 edition is an unabridged and unaltered republication of the work originally published by the Macmillan Co. in 1933. At that time Mrs. Fox said she found very few modern books on herbs and set out to research and grow all the herbs she wrote about in her book. In her Connecticut garden she grew over 300 herbs the first year, and after three years of experimentation decided on the sixty-five she found most useful for flavor and fragrance. She did not dwell much on the medicinal herbs which she left to the commercial pharmaceutical gardens. She read hundreds of old books, and steeped herself in herb lore that goes farther back than the written word.

She imported a cooking scientist who had made a specialty of flavor in cookery, set up a separate kitchen on her estate where together they invented, experimented, and tested recipes. The ones they liked best are included in the last section of the book.

This is a comprehensive study of herbs one is most likely to want to grow or know about. Culture, preservation, and uses are studiously included. The information is as good today as it was nearly forty years ago. It is a book any herb enthusiast would be happy to know and own.

Reviewed by Rosalie F. Garcia

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ANTI-DESSICANTS

George James

NOW AVAILABLE TO GARDENERS are materials which, besides their brand names, are called anti-transpirants or anti-desiccants. These reduce the amount of water that plants give off to the air without interfering with the exchange of gasses that normally occur between the plant and the atmosphere. Anti-transpirants have been used commercially for about ten years.

An aersol package is the most convenient packaging for the home gardener, but bulk packages of concentrated anti-desiccant are available. This should be diluted with water in a 1:4 to a 1:6 ratio and applied to the plants with a fine spray.

When applied to a plant, the anti-transpirant covers it with a nearly invisible film which is flexible and elastic. Plant parts may move and grow. The film reduces the passage of water from the plant to the air by partially sealing the pores of the plant. The film will not draw water from the plant, and once it has hardened, it is not affected by rain or watering.

Anti-transpirants were originally used on plants which had suffered considerable root loss during transplanting. It reduced water loss at a time when the plant was suffering shock and when its ability to gather water was impaired. It was found that a greater number of plants recovered, plants recovered quicker, and the duration of shock was shortened.

The next important use of this material, which is of little use here, is to apply it to evergreen plants so that water loss is restricted during periods when the soil is too cold for normal water absorption by the roots.

An anti-transpirant is useful in the San Diego area when plants being transplanted suffer from damage to their roots. Plants taken from containers with an undisturbed root ball do not need an anti-transpirant. Plants which are planted bare root are often slow to start or are lost because they dehydrate before the roots are established. They would be helped if treated with an anti-transpirant at the time of planting. Citrus and avocado trees are dug from nursery rows and are often sold before they have recovered from the loss of a good part of their root system. As a result of this shock, they often lose a great part of their foliage before starting to grow. The period of shock may last one to two months. It could be greatly shortened if these and other plants handled in the same manner were treated with an anti-desiccant.

The anti-desiccants are useful in transplanting seedling plants and annuals from pony packs. The use of root stimulating hormones and dilute solutions of liquid fertilizers are quite helpful at the time of transplanting, especially when roots have been damaged. The use of the anti-desiccant, in addition, will cause plants to establish themselves quicker.

Anti-desiccants can be used on cut foliage and flowers. Their life is greatly extended, and their appearance is improved. When used on Christmas trees and foliage, the needle fall is reduced. Precise information on the use of these materials on cut flowers is not available, so it is suggested that tests be made on a few flowers of the kind to be used and the results observed.

Anti-desiccants can be used to advantage on cuttings at the time they are planted and later when potted from rooting medium to pots or ground. In both instances, the cuttings will be much less likely to wilt.

The material is useful as a dressing for wounds and pruning cuts on shrubs and trees. A film is formed which prevents the drying of the plant tissue and the penetration of insects and diseases.

Bulbs and corms can be treated after they are dried following digging and before they are stored. Excessive drying during the period of storage will be prevented.

There are indications that anti-desiccants are helpful in the control of insects and diseases when combined with control materials. The film which is created tends to immobilize small insects, such as aphids or red spiders. The film builds a barrier on the foliage which young insects may find difficult to penetrate. The film holds the insecticide or fungicide on the plant so it is less likely to be washed off. The film will prevent the staining of plant foliage by pollutants, soot, and dust. Once the film has been formed these appearance destroying materials can be easily washed off the plant. Repellants used to prevent animal damage to plants can have the concentrated anti-desiccant mixed with them before spraying. They will last longer and not be washed off by rain or sprinkling.

Anti-desiccants will not prevent cold damage to plants. A few plants, those with variegated or red foliage, may drop their leaves as a result of an application. This is not considered a serious problem, as these plants will soon be able to grow new leaves from latent buds which are present.

The anti-desiccants do not increase the water within a plant; it only prevents excessive loss of water. Plants which have been treated will need water applied to them, but not as much as if the film created by the anti-desiccant was not present.

George James is an experienced horticulturist and is a teacher of gardening.

SAN DIEGO FLORAL ASSOCIATION

FLORAL BUILDING, BALBOA PARK
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Third Tuesday, Floral Building
Pres.: Mrs. Donald A. Innis
3211 Trumbull St., S.D. 92106 225-1464

FLOWER ARRANGERS' GUILD OF SAN DIEGO
First Thursday, Floral Building, 7:30 p.m.
Pres.: Mrs. J. Welis Hershey 443-2329
12505 Royal Rd., El Cajon 92021
Rep: Mrs. J. Otto Cracker 582-5316
4749 Redlands Dr. SD 92115

COORDINATING GROUPS

SAN DIEGO BOTANICAL GARDEN FOUNDATION, Inc.
Second Thursday, Floral Building
P.O. Box 12162, S. D., Calif. 92112
Pres.: Mrs. Wm. E. Betts, Jr. 223-7259
906 El Mac Place, San Diego 92106

PARTICIPATING GROUPS

IKEBANA INTERNATIONAL CHAPTER No. 119
Fourth Wednesday, Floral Bldg. 10:00 a.m.
Pres.: Mrs. K. K. Jones, II
3971 Del Mar Ave., San Diego 92107 222-9737
Rep.: Mrs. James H. Ard 276-6398
3031 Karnes Way, San Diego 92117

AFFILIATE MEMBERS 1969

CONVAIR GARDEN CLUB
First Wednesday, Floral Building, 7:30 p.m.
Pres.: Henry Boyd 264-1283
6581 Broadway, San Diego 92114
Rep.: Mrs. Richard Miller 284-8316
5150 35th S.E., San Diego 92116

COUNTY CIVIC GARDEN CLUB
Meets every Thursday, 12m to 1 p.m.
Garden House, Grape and 101 Civic Center
Pres.: Mrs. Mary Van Zeyl
12254 Wintergardens Drive,
Lakeside, Calif. 92040 443-6165

LA JOLLA GARDEN CLUB
Third Tuesday, 1:00 p.m., St. James Hall
7776 Eads Ave., La Jolla
Pres.: Mrs. John Marx
1216 La Jolla Rancho Rd.,
La Jolla 92037 459-6417

LAS JARDINERAS
Third Monday, 10 a.m. Homes of members
Pres.: Mrs. Max Foresman 459-9620
7946 Calle de la Plata, La Jolla 92037

MEN'S GARDEN CLUB OF SAN DIEGO CO.
Fourth Thursday, Floral Bldg., 7:30
Pres.: Mr. Ralph Kircher 424-8035
1178 14th St., Imperial Beach 92032
Rep.: Dr. J. W. Troxell 282-9131
4950 Canterbury Drive, S.D. 92116

ORGANIC GARDENING CLUB
Third Friday, Floral Building, 7:30 p.m.
Pres.: Paul Canaday, Sr. 264-6702
303 No. 47th St., CD-4, San Diego 92102

POINT LOMA GARDEN CLUB
First Friday, Floral Bldg., 10 a.m.
Pres.: Mrs. Louis Kulot
2732 Azalea Drive, San Diego 92106 222-5480
Mrs. Harold Skinner
3530 Lowell Street, San Diego, Calif. 92106

SAN DIEGO BONSAI SOCIETY, INC.
Second Sunday, Floral Bldg., 1-5 p.m.
Pres.: Lester Jaussaud 479-1639
201 Lake View Ave., Spring Valley, Calif. 92077
Rep.: Mrs. Frances J. White 224-1122
4854 Del Mar Ave., S. D. 92107

SAN DIEGO CACTUS & SUCCULENT SOCIETY
First Saturday, Floral Building, 1:30 p.m.
Pres.: Ione Hubner 444-3439
231 W. Park Ave., El Cajon 92020
Rep.: Mrs. Peter Klinefelter 276-6517
2201 Fairfield Street
San Diego, Calif. 92110

SAN DIEGO CAMELLIA SOCIETY
Second Friday, Floral Building, 7:30 p.m.
Pres.: Mr. William Gibson
3765 Pio Pico St., S.D. 92106 223-1861
Rep.: Mrs. Deena Montmorency 297-2625
4349 Florida St., S.D. 92104

SAN DIEGO COUNTY DAHLIA SOCIETY
Fourth Tuesday, Floral Building, 7:30 p.m.
Pres.: John C. Wright 583-2548
4905 Twain Street, San Diego 92120
Rep.: Mrs R. M. Middleton 296-3246
3944 Centre St. S.D. 92103

SAN DIEGO EPIPHYLLUM SOCIETY
Third Wednesday, Floral Bldg., 7:30 p.m.
Pres.: Wm. H. Nelson 298-3349
4253 Maryland Street, San Diego 92103

SD-IMPERIAL COUNTIES IRIS SOCIETY
Meets 3rd Sunday, Floral Bldg., 2:30 p.m.
Pres.: Mrs. Eugene Cooper
4444 Arista Drive, San Diego 92103 295-7938

SAN DIEGO COUNTY ORCHID SOCIETY
First Tuesday, Floral Building, 8 p.m.
Pres.: Mr. Ralph R. Zuranski
4479 Longbranch Ave., San Diego 92107 223-0979
Rep.: Mrs. Ione Maloney 479-7742
3058 Bonita Mesa Rd., Bonita, Calif. 92002

SAN DIEGO FUCHSIA SOCIETY
Second Monday, Floral Building, 8 p.m.
Pres.: James Watson 295-0963
615 W. Pennsylvania, San Diego 92103
Rep.: Mrs. Mildred Murray 753-7756
467 East Fulvia St.
Encinitas, Calif. 92024

SAN DIEGO ROSE SOCIETY
Third Monday, Floral Building, 8 p.m.
Pres.: Mrs. Harry B. Cutler 466-7579
4671 Toni Lane, San Diego 92115
Rep.: Mrs. Felix White 264-4440
5282 Imperial Ave. S.D. 92114

SOUTHWESTERN GROUP, JUDGES' COUNCIL CALIFORNIA GARDEN CLUBS, INC.
First Wednesday, Floral Building, 10:30 a.m.
Pres.: Mrs. R. E. Rosenberg
3671 Pringle St., S.D. 92110 295-1537
Rep.: Mrs. Roland S. Hoyt 296-2757
2771 Ft. Stockton Dr. S.D. 92103

S. D. TROPICAL FISH SOCIETY
Second Sunday, 7:30 p.m.
Pres.: Bill Thompson 272-0415
4930 Gallatin Way, San Diego 92117

OTHER GARDEN CLUBS

ALFRED D. ROBINSON BEGONIA SOCIETY
Third Friday, Homes of Members, 10 a.m.
Pres.: Miss Myrle Patterson 224-1572
4310 Piedmont Dr., S.D. 92107

BERNARDO BEAUTIFUL & GARDEN CLUB
First Wednesday, 1:00 Seven Oaks Community Center, Bernardo Oaks Dr., Rancho Bernardo
Pres.: Robert J. Irvin
12214 Lomica Dr. San Diego 92128
(Rancho Bernardo) 487-2987

CARLSBAD GARDEN CLUB
First Friday, Conference Room, Public Library 1:30 p.m.
Pres.: Mrs. Floyd Anderson 729-7610
3595 Catalina Drive, Carlsbad 92008

CHULA VISTA GARDEN CLUB
Third Wednesday, Chula Vista Woman's Club, 357 "G" St., 1:00 p.m.
Pres.: Mrs. Wm. Hedenkamp 422-2978
515 Second Ave., Chula Vista 92010

CITY BEAUTIFUL OF SAN DIEGO
Pres.: Mrs. Raymond E. Smith 488-0830
4995 Fanuel St., Pacific Beach 92109

CORONADO FLORAL ASSOCIATION
Meets 1st Tuesday, Red Cross Bldg., 1113 Adella Lane
Pres : Thomas J. Gliaorea
309 1st Coronado 92118 435-1007

CROSS-TOWN GARDEN CLUB
Third Tuesday, Knights of Columbus Hall, 3827 43rd St., S.D. 92105, 8 p.m.
Pres.: Mr. Charles Williams
3865 41st Street, San Diego 92105 284-2317

CROWN GARDEN CLUB OF CORONADO
Fourth Thursday, Red Cross Bldg, 1113 Adella Lane, 9:00 a.m.
Pres.: Mrs. William Marten 435-0926
761 Country Club Lane, Coronado 92118

DOS VALLES GARDEN CLUB
Meets 2nd Tuesday, Alt. Pauma Valley and Valley Center 1:30 p.m.
Pres.: Mrs. Gilbert Hansen 746-5030
14767 Fruitvale Rd. Valley Center 92082

EL CAJON WOMAN'S CLUB (Garden Section)
1st Monday, 9:30 a.m. Members homes.
Pres.: Mrs. John Ohlson 444-2753
655 Bradford Rd., El Cajon 92020

ESCONDIDO GARDEN CLUB
3rd Friday, Woman's Club, 240 So. Bdwy., 1:00 p.m.
Mrs. Charles Younger 746-5109
368 Eldorado Drive Escondido 92025

FALLBROOK GARDEN CLUB
Last Thursday, Fallbrook Woman's Clubhouse, 1:30 p.m.
Pres.: Mrs. Clair Acker 728-2341
1061 Riverview Dr. Fallbrook 92028

GREEN VALLE GARDEN CLUB, POWAY
Meets 4th Thursday, 9:30 a.m. Homes of members
Pres.: Mrs. R. L. Smith 748-0475
13270 Stone Canyon, Poway 92064

GROSSMONT GARDEN CLUB
Second Monday, 10 a.m.
8155 University Ave., La Mesa
Pres.: Mrs. Ray Moore
7393 La Mesita Place, La Mesa 92041 466-6943

HIPS and THORNS
Meets at Members' Homes Quarterly.
Pres.: Mrs. Eugene Cooper 295-7938

IMPERIAL BEACH GARDEN CLUB
3rd tuesday, Imperial Beach Civic Center, 1:30 p.m.
Pres.: Kathy Rolfes 424-7487
1228 Seventh St., Imperial Beach 92032

LAKESIDE GARDEN CLUB
3rd Monday, Lakeside Farm School, 7:30 p.m.
Pres.: Mrs. Lucy May Carender
9282 Riverview, Lakeside 92040

LA MESA WOMAN'S CLUB (Garden Section)
3rd Thursday, La Mesa Women's Club, 1:00 p.m.
Pres.: Mrs. Val Sexton
9144 Johnson Ave., La Mesa 92041 466-0047

LEMON GROVE WOMAN'S CLUB (Garden Section)
First Tuesday, Lemon Grove Woman's Club House, 1 p.m.
Pres.: Mrs. Hal Crow 466-3330
3850 Quarry Rd., La Mesa 92041

MISSION GARDEN CLUB
Meets First Tuesday, Asbury Methodist Church, 4102 Marlborough Ave., S.D. 92116, 8:00 p.m.
Mrs. Vera Eimar 477-5344
1129E 16th St., National City 92050

NORTH COUNTY ROSE SOCIETY
Meets First Tuesday, 7:30 p.m. at Palomar College
Pres.: James A. Kirk 748-3870
15131 Espola Road, Poway 92064

NORTH COUNTY SHADE PLANT CLUB
Second Sat., 1:30 p.m., Home Federal Bldg., Encinitas
Pres.: Jim D. Campbell 278-4372
2903 Greyling Dr., S.D. 92123

O. C. IT GROW GARDEN CLUB
Second Wednesday, S. Oceanside School Auditorium, 7:30 p.m.
Pres.: Mr. Michael J. Hardick 722-3583
1409 Division, Oceanside 92054

PACIFIC BEACH GARDEN CLUB
Meet second Monday, 7:30 p.m. Community Club House, Gresham and Diamond Sts., Pacific Beach
Pres.: Mrs. Arthur Berthelsen
1434 Grand Ave., San Diego 92109 274-6081

PALOMAR CACTUS & SUCCULENT SOCIETY
Third Saturday, 1 p.m., Palomar College Foreign Language Building, Room F22
Pres.: Mrs. Frances Lawson 745-1720
P. O. Box 288, Valley Center 92082

PALOMAR ORCHID SOCIETY
Meets Third Wednesday, 7:30 p.m., Avocado Inn, 114 Hillside Terrace, Vista
Pres.: Paul Lea
1402 Hunsaker St., Oceanside 92054 722-8083

POWAY VALLEY GARDEN CLUB
2nd Wednesday, 9:30 a.m. "Haley's," 13519 Poway Rd.
Pres.: Mrs. Paul L. Bemiller 748-2572
12508 Buchskin Trail, Poway 92064

QUAIL GARDENS FOUNDATION, INC.
230 Quail Garden Drive, Encinitas, Calif. 92024
Mrs. M. J. van Freissig 286-8818
5071 55th St. San Diego, Calif 92115

RANCHO SANTE FE GARDEN CLUB
Second Tuesday—Club House, 2:00 p.m.
Pres.: Hubert Larson
P.O. Box 782 Rancho Santa Fe 92067 756-1926

SAN CARLOS GARDEN CLUB
Fourth Tuesday, San Carlos Club, 6955 Golfcrest Drive
Pres.: Mrs. Douglas Oldfield
6372 Lake Levon, San Diego 92119

SAN DIEGO BROMELIAD SOCIETY
1st Thursday, 8 p.m. Porter Hall Clubhouse (8425 Univ.), La Mesa
Pres.: Wm. E. Kmerr, Jr. 279-1134
7178 Hyatt, San Diego 92111

S.D. CHAPTER CALIF. ASS'N NURSERYMEN
Second and Fourth Thursday, 7:30 p.m.
Pres.: Mr. Del Johnson 422-5198
366 Broadway, Chula Vista 92010

SAN DIEGUITO GARDEN CLUB
Third Wednesday, Seacoast Savings Building, Encinitas, 10 a.m.
Pres.: Mrs. Dorothy Reavell
1222 Santa Fe Dr., Encinitas 92024 753-4908

SAN MARCOS GARDEN CLUB
Pres.: Mr. E. C. Pferdner
1221 San Julian Dr., San Marcos 92069 744-0226

SAN MIGUEL BRANCH, AMERICAN BEGONIA SOCIETY
Second Wednesday, Porter Hall Clubhouse, La Mesa (8425 University) 8:00 p.m.
Pres.: Mrs. Peter P. Lee 239-3169
1852 31st St., S.D. 92102

SANTA MARIA VALLEY GARDEN CLUB
Second Monday, Ramona Women's Club House, 5th and Main, 9:30 a.m.
Mrs. Troy Reese 789-1334
Rt. No. 1, Box 514-H, Ramona 92065

SANTEE WOMEN'S CLUB Garden Sec.
Pres.: Mrs. Leon Roloff 448-0291
9138 Willow Grove Ave., Santee 92071

VISTA GARDEN CLUB
First Friday, Vista Rec. Center 1:00 p.m.
Pres.: Mrs. Mildred Kessler 724-5594
P. O. Box 44, Vista 92083

VISTA MESA GARDEN CLUB
Second Tuesday, 7:30 p.m. Family Association Center
Pres.: Mrs. Clarence Gominger
7487 Blix St., San Diego 92111 277-1285

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